

Universität  
zu Köln

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# Introduction

## MA North American Studies

Fall 2023/24

Department of History | Institute for North American History | Faculty of Arts and Humanities |

# Structure

- Who we are
- About the program
  - How to structure your studies
  - Practical information on course registration and management (KLIPS & ILIAS)
  - Courses in the fall semester
  - The libraries
- Resources for international students
- International cooperations
- Questions?

# Diversity at Cologne University

The students in our MA North American Studies Program come from a variety of national, cultural, ethnic, and religious backgrounds.

It is pivotal for us that all students are made to feel welcome here.

We therefore encourage lively discussions and the exchanging of ideas on the basis of mutual respect.

# Department of History – Institute for North American History

**Dedicated to the study of North American history from the 17th century until today**

Our research projects explore:

- forms of social participation, marginalization/discrimination with a focus on gender and race relations;
- the meanings of space and the built environment as reflections of and agents in power relations;
- Environmental justice
- children and teenagers as agents of history, a perspective informed by historical Childhood Studies.

# Faculty and Staff – North American History

## Full Professor:

- Prof. Dr. Anke Ortlepp

## Associate/ Assistant Professors:

- Dr. Silke Hackenesch
- Dr. Jacob Birken
- Dorothee Schwieters

## Administrative Staff:

- Katja Niederschulte (Administration)
- Jonas Frings (Administration)
- Katharina Kloock (Library)
- Student Assistants:
  - Jana Huneke
  - Leontien Potthoff

# Department of English I (ES I) – American Literature and Culture

- **Dedicated to the study of North American Literature and Culture**
- In particular:
- American Poetry
- Speculative Fiction and TV
- Ecocriticism, Mobility Studies
- (Cultural) Violence Studies
- Gender and Queer Studies
- Intersectional Approaches to American Culture

# Faculty and Staff – American Literature and Culture

## Professor

Jun.-Prof. Dr. Judith Rauscher (she/ her)

Contact for module exams & M.A. Theses

**Email:** [judith.rauscher@uni-koeln.de](mailto:judith.rauscher@uni-koeln.de)

## Doctoral Researcher and Lecturer

Verena Wurth (she /her)

Contact for general NAS study advice, term paper advice, and information about Rochester

**Email:** [verena.wurth@uni-koeln.de](mailto:verena.wurth@uni-koeln.de)

## Secretary of the English Department

Bärbel Eltschig (she/ her)

Contact for exam registration

**Email:** [beltschi@uni-koeln.de](mailto:beltschi@uni-koeln.de)

## Research Assistant

Melisa Köroğlu (she/ her)

Contact for term paper advice

**Email:** [mkoerog1@uni-koeln.de](mailto:mkoerog1@uni-koeln.de)

## Student Assistants

Una López-Caparrós Jungmann (she/ her)

Rumeysa Ceylan (she/ her)

Kade Meret Schreckenber (they/them/er/ihm)

Contact for event information & questions about ILIAS, the scheduler, course submissions

**Email:** [american-studies@uni-koeln.de](mailto:american-studies@uni-koeln.de)

# Faculty and Staff – American Literature and Culture continued

## **Dr. Johanna Pitetti-Heil (she/ her)**

Senior Lecturer of English & American Studies

**Email:** [jpitetti@uni-koeln.de](mailto:jpitetti@uni-koeln.de)

## **Tutor (NAS Tutorial!)**

Jana Huneke (she/ her)

Contact for general study & research advice

**Email:** [jhuneke1@uni-koeln.de](mailto:jhuneke1@uni-koeln.de)

## **Burak Sezer (he/ him)**

Contract Lecturer & Postdoctoral Researcher

**Email:** [bsezer2@uni-koeln.de](mailto:bsezer2@uni-koeln.de)



# MA North American Studies

- North American Studies
- Master of Arts
- Fully accredited 2-year program (four semesters)
- Starts Spring and Fall
- Language: English

# NAS Program

- Cooperation between the *Institute for North American History* and the *English Department I (ES I)* at the University of Cologne
- Teaching cooperations
  - *Instituto de Historia Ibérica y Latinoamericana*
  - *Institute for Art History*
  - *Institute for Media Studies at the University of Cologne*
- Teaching cooperation with the North American Studies program at the University of Bonn

# Program Structure

## AM1: Literary and Cultural Studies

- Exam: term paper

## AM2: History and Society

- Exam: term paper

## AM3: Postcolonial Studies

- Exam: oral exam
- You can substitute MM3 Postcolonial Studies with a module at the University of Bonn

## AM4: Research

- Exam: oral presentation and written component of your MA thesis

## Specialization Module: Internship

- 6 weeks
- 10-15 pages internship report

## Master thesis

- 60 pages

Aufbaumodul 1/ Advanced Module 1: Literary and Cultural Studies [4569NMFA01]	LP/CP
a) Vorlesung/Seminar: Aspects of North American Literature and Culture*	20
b) Seminar: Reading Cultural Texts I	
c) Vorlesung/lecture: Aspects of North American Literature and Culture	
d) *Seminar: <u>Tutorial</u> in North American Literature and Culture	
e) Seminar: Reading Cultural Texts II	
f) Modulprüfung/ module exam: term paper ( <u>20-25 pages</u> )	

Aufbaumodul 2/ Advanced Module 2: History and Society [4569NMFA02]	LP/CP
a) Seminar: Introduction to North American History	20
b) Tutorium/ tutorial	
c) Seminar: Problems in North American History I	
d) Vorlesung/ lecture: North American History in Time and Space	
e) Seminar: Problems in North American History II	
f) Modulprüfung/ module exam: term paper ( <u>20-25 pages</u> )	



Aufbaumodul 3/ Advanced Module 3: Postcolonial Studies [4569NMFA03]	LP/CP
a) Seminar: Introduction to Post-Colonial Theory	20
b) Tutorium/ tutorial	
c) Seminar: Postcolonial Studies: A Methodological Primer	
d) Vorlesung/ lecture: Postcolonial Problems in North America and the Caribbean	
e) Seminar: Applied Postcolonial Studies	
f) Modulprüfung: oral exam (45 minutes)	

Aufbaumodul 4/ Advanced Module 4: Research [4569NMFA04]	LP/CP
a) Kolloquium: Comparative Aspects of North American Studies I	20
b) Kolloquium: Comparative Aspects of North American Studies II	
c) Kolloquium: Comparative Aspects of North American Studies III	
d) Selbstständige Studien/ independent studies	
e) Modulprüfung: module exam: oral presentation with written component (exposé)	

Aufbaumodul 3/ Advanced Module 3: Postcolonial Studies [4569NMFA03]	LP/CP
a) Seminar: Introduction to Post-Colonial Theory	20
b) Tutorium/ tutorial	
c) Seminar: Postcolonial Studies: A Methodological Primer	
d) Vorlesung/ lecture: Postcolonial Problems in North America and the Caribbean	
e) Seminar: Applied Postcolonial Studies	
f) Modulprüfung: oral exam ( <u>45 minutes</u> )	

Bonn  
Exchange  
possible  
for AM 3

Aufbaumodul 4/ Advanced Module 4: Research [4569NMFA04]	LP/CP
a) Kolloquium: Comparative Aspects of North American Studies I	20
b) Kolloquium: Comparative Aspects of North American Studies II	
c) Kolloquium: Comparative Aspects of North American Studies III	
d) Selbstständige Studien/ independent studies	
e) Modulprüfung: module exam: oral presentation with written component (exposé)	

# AM 3: Postcolonial Studies Module and Bonn Exchange

- AM 3 can be exchanged with a module (**Politics** or **Economics**) from the University of Bonn
- Students must complete **the entire module** at the University of Bonn
- Students participate in the courses in Bonn, do the required exam and get a certificate which will be recognized for the MA NAS in Cologne
- For course registration, students must contact the lecturers of the specific classes and ask for admission.
- Offered classes and lecturer contact details can be seen on the [website of the North American History Institute](#).

# Musterstudienplan [Suggested Study Plan]

(adapted from module handbook, p. 18)

Semester (LP/ credit points)	AM 1 Literary and Cultural Studies (20 LP/CP)	AM 2 History and Society (20 LP/CP)	AM 3 Postcolonial Studies (20 LP/CP)	AM 4 Research (20 LP/CP)	SM 1 Praktikum (10 LP/CP)	Masterarbeit (30 LP/CP)	Σ LP
1	<p>Vorlesung/Seminar: Aspects of North American Literature and Culture</p> <p>Seminar: Tutorial in North American Literature and Culture</p> <p>Seminar: Reading Cultural Texts</p> <p>Vorlesung/Seminar: Aspects of North American Literature and Culture</p>	<p>Seminar: Introduction to North American History</p> <p>Seminar: Tutorial in North American History</p> <p>Lecture: North American History In Time and Space</p> <p>Seminar: Problems in North American History 1</p>					~ 28
2	<p>Seminar: Reading Cultural Texts</p> <p>Modulprüfung/ module exam</p>	<p>Seminar: Problems in North American History 2</p> <p>Modulprüfung/ module exam</p>	<p>Seminar: Introduction to Post-Colonial Theory</p> <p>Seminar: Tutorial to Introduction to Post-Colonial Theory</p> <p>Lecture: Postcolonial Problems in North America and the Caribbean</p> <p>Seminar: Applied Postcolonial Studies</p> <p>Seminar: Applied Postcolonial Studies</p>	<p>Kolloquium: Comparative Aspects of North American Studies I</p> <p>Kolloquium: Comparative Aspects of North American Studies II</p>			~ 32

[1] 'Vorlesung' is German for 'lecture'.



# Musterstudienplan [Suggested Study Plan] 2

(adapted from module handbook, p. 18)

Semester (LP/ credit points)	AM 1 Literary and Cultural Studies (20 LP/CP)	AM 2 History and Society (20 LP/CP)	AM 3 Postcolonial Studies (20 LP/CP)	AM 4 Research (20 LP/CP)	SM 1 Praktikum (10 LP/CP)	Masterarbeit (30 LP/CP)	Σ LP
3			Seminar: Postcolonial Studies: A Methodological Primer  Modulprüfung (module exam)	Kolloquium: Comparative Aspects of North American Studies III  Selbstständige Studien/independent studies  Modulprüfung/ module exam	Praktikum/ internship  Modulprüfung/ module exam		~ 30
4						Masterarbeit/ Master thesis	30

# Musterstudienplan [Suggested Study Plan]

(adapted from module handbook, p. 18)

Semester (LP/ credit points)	AM 1 Literary and Cultural Studies (20 LP/CP)	AM 2 History and Society (20 LP/CP)	AM 3 Postcolonial Studies (20 LP/CP)	AM 4 Research (20 LP/CP)	SM 1 Praktikum (10 LP/CP)	Masterarbeit (30 LP/CP)	Σ LP
1	<p><b>Vorlesung/Seminar: Aspects of North American Literature and Culture</b></p> <p><b>Seminar: Tutorial in North American Literature and Culture</b></p> <p><b>Seminar: Reading Cultural Texts</b></p> <p><b>Vorlesung/Seminar: Aspects of North American Literature and Culture</b></p>	<p><b>Seminar: Introduction to North American History</b></p> <p><b>Seminar: Tutorial in North American History</b></p> <p><b>Lecture: North American History In Time and Space</b></p> <p><b>Seminar: Problems in North American History 1</b></p>					~ 28
2	<p><b>Seminar: Reading Cultural Texts</b></p> <p><b>Modulprüfung/ module exam</b></p>	<p><b>Seminar: Problems in North American History 2</b></p> <p><b>Modulprüfung/ module exam</b></p>	<p><b>Vorlesung/Seminar: Introduction to Post-Colonial Theory</b></p> <p><b>Seminar: Tutorial to Introduction to Post-Colonial Theory</b></p> <p><b>Vorlesung/lecture: Postcolonial Problems in North America and the Caribbean</b></p> <p><b>Seminar: Applied Postcolonial Studies</b></p> <p><b>Seminar: Applied Postcolonial Studies</b></p>	<p><b>Kolloquium: Comparative Aspects of North American Studies I</b></p> <p><b>Kolloquium: Comparative Aspects of North American Studies II</b></p>			~ 32

→ Definitely in the first semester!

[1] 'Vorlesung' is German for 'lecture'.

# KLIPS – Course Management



- Students have to register for classes and exams via [“KLIPS 2.0”](#)
  - You received your student account user name together with your Admissions Letter
- Instructions on course and exam registration for students can be found on the [KLIPS Support website](#) (in English)
- Other services: downloading and printing documents (applications, transcripts, etc.), viewing exam results, checking payment status of social fees

# KLIPS – Course Management: Course Registration Deadlines

- Registration Phases (for [Winter Semester 2023/24](#)):
  - Phase 1: 12/07/2023–03/08/2023
  - Phase 2: 24/08/2023–20/09/2023
    - Publication of results: 04/10/2023
  - Phase 3: **from 09/10/2023 – 22/10/2023**
- Registration Phases (for [Summer Semester 2024](#)):
  - Phase 1: 31/01/2023-13/02/2023
  - Phase 2: 29/02/2023-21/03/2023

# KLIPS – Course Management: How to apply for courses

- Log in to [KLIPS 2.0](#) with your student account
  - Attention: You might have to [switch profiles](#) from applicant to student status so that you are able to apply for courses!
  - Click on ‚Studienstatus‘, and then on ‚North American Studies‘.
  - By way of the drop-down menu (+), your personalized account will display only those classes that are open for students of North American Studies.
- See the KLIPS Support Website on [Applying for Courses](#) for detailed, practical instructions
- Once you have applied for the courses, you can **prioritize** your choices during the Application Phase. See the KLIPS Support Website on [Prioritizing Courses](#) for detailed, practical instructions

# Exam registration via KLIPS

- The 12-6-2-Rule:
  - Exam registration **starts 12 weeks prior** to the exam date mentioned in KLIPS and **ends 6 weeks prior** to this exam date in KLIPS
  - Exam de-registration **ends 2 weeks prior** to the exam date mentioned in KLIPS. If students de-register from their exam, they must inform their examiner.
- The 3-Semester-Rule:
  - The exam should take place in the same semester as the class it is related to. Exams related to the topic of a class are possible for three semesters, the semester in which the class was taken counts as the first semester. After the three semesters, the students cannot be examined about the course's topic anymore.
- See the KLIPS Support Website '[Registering for Exams](#)' for detailed, practical instructions

# AM 2: Courses in the Fall – American History

Prof. Dr. Anke Ortlepp

## Lecture

### **VL Gender and Sexuality in American History**

Tuesday, 10 to 11.30 a.m. in H80 (Philosophikum)

## Research Seminar

### **Kolloquium North American Studies: Perspectives on Current Research**

Tuesday, 5.45 to 7.15 p.m. in S0.012 (Philosophikum)

# Courses in the Fall – American History

Dr. Silke Hackenesch

## MA Seminar

### **Introduction to North American History**

Monday, 2 to 3.30 p.m. in S3.229 (Philosophikum)

**Tutorial** Monday, 4 to 5.30 p.m. in S0.012 (Philosophikum)

### **Gendered Incarceration: Abolitionism and the Criminal Justice System**

Tuesday, 4 to 5.30 p.m. in S0.012 (Philosophikum)

## Research Seminar

### **Kolloquium North American Studies: Perspectives on Current Research**

Tuesday, 5.45 to 7.15 p.m. in S0.012 (Philosophikum)



# AM 2: Courses in the Fall – American History

Dr. Jacob Birken

## MA Seminar

**Gender as a Question? Constructions and Deconstructions of Gender in and through US Historiography**

Thursday, 4 to 5:30 p.m. in S0.012 (Philosophikum)

# Courses in the Fall – American Literature and Culture

Jun.-Prof. Dr. Judith Rauscher

## MA Seminar

### **HS: The Politics of American Poetry**

Monday, 4-5.30 p.m. in S24 (Seminargebäude)

## Research Seminar

### **OS: Sexuality, Affect, Citizenship: Reading Lauren Berlant**

Tuesday, 2-3.30 p.m. in S82 (Philosophikum)

Dr. des. Burak Sezer

## MA Seminar

### **MS: Ecoterrorism in American Literature and Culture (LA )**

Wednesday 12-1.30 p.m. in S63 (Philosophikum)

# Courses in the Fall – American Literature and Culture

Dr. Johanna Pitetti-Heil

## MA Seminar

### **MS American Cultural Studies: Key Concepts, Histories, and Emerging Approaches\***

Gr. 1: Monday, 12-1.30 p.m. in S65 (Philosophikum) /

Gr. 2: Wednesday, 10-11.30 a.m. in S82 (Philosophikum); \*Should be taken in the first semester, in tandem with the Tutorial

Jana Huneke

## Tutorial

### **TUT: Tutorium American Literature and Culture (M.A.)**

Wednesday, 2-3.30 p.m. in S65 (Philosophikum)

# Courses in the Fall – More courses at the Department of English

## Lecture

### **VL: The 20th-Century English Novel I: Edwardians and Modernists**

Thursday 2 to 3.30 p.m. taught by Prof. Dr. Heinz Antor in Lecture Hall C (Hörsaalgebäude)

### **VL: eLearning Lecture: Introduction to Australian Studies: (Trans-)Disciplinary Perspectives**

Taught by Prof. Dr. Dany Adone

## MA Seminars

### **HS: 21st-Century Australian Fiction**

Monday 12-1.30 p.m. taught by Prof. Dr. Heinz Antor in S24 (Seminargebäude)

### **HS: Intercultural Encounters in Anglophone Literatures**

Thursday 12-1.30 p.m. taught by Prof. Dr. Heinz Antor in S11 (Seminargebäude)

## Research Seminar

### **OS: Focus on Gender and Race(ism)**

Thursday 12 to 1.30 p.m. taught by Prof. Dr. Andrea Gutenberg in S65 (Philosophikum)

# ILIAS Course Management



- access to learning materials of your courses (presentations, course readings, power point files etc.)
- Various tools: learning modules, wikis, portfolios, blogs, tests etc.
- Ways to communicate with other students via the ILIAS internal messaging system, as well as forums, chats, or virtual classrooms
- Tip: check your [University Email address](#) daily!
- [ILIAS-FAQ](#)
- [ILIAS](#) Test run

# USB: The Library



- Check out the [University and City Library](#). You can study there and check out books. The USB also offers a loan service and a wide variety of ebooks and other digital resources.
- In order to use the USB's services, you need a [library card](#)
- You can take [Courses & Guided Tours](#) to explore the library
- Our website also offers a [„How To...“](#) for the USB

# Library Book Loan Service @ the North American History Research Library

- **Opening hours:** 10a.m. – 6p.m. on weekdays
- **Workspace** is available at the library without prior booking
- **Circulation of Materials:** you can check out up to 10 books for 2 weeks
- **Library Tours** will be offered during the semester and you can [contact](#) the library team for further questions
- **Library Skills Tutorials** and a list of free databases are available on the library's [website](#)



**GROUP WORK SESSIONS  
IN THE LIBRARY**

**WEDNESDAY – 10AM – 6PM**

THE NOISE POLICY IS LIFTED  
FOR THE MID-LEVEL AREA IN THE READING ROOM

Institute of North American History



University of Cologne







**HOW DO I CHOOSE A TOPIC FOR MY RESEARCH?  
WHERE DO I START MY RESEARCH?  
WHAT RESOURCES CAN I USE?**

**GET ANSWERS -  
VISIT THE LIBRARY FOR AN  
INDIVIDUAL RESEARCH CONSULTATION!**

**DATES WILL BE ANNOUNCED  
CLOSE TO THE END OF THE WINTER TERM**

Institute of North American History



University of Cologne



# Library Book Loan Service @ the Department of English

- **Opening hours:** 9a.m. – 5 p.m. on weekdays
- The library of the ES I works primarily as a **reference library**, i.e. you can read books on-site.
- **Workspace** is available at the library without prior booking again; please note that safety rules apply.
- **Book Lending:** Some restrictions may apply during the week, but You can take out books overnight and on weekends.
- **Rules and regulations** may change depending on how the Corona pandemic develops. For more information and updates check the library's [website](#).

# Events in the Fall 2023/24

# Guest Lectures in the Fall 2023/24

- Nov. 07      **Venus Bender**(Frankfurt), “Revolutionizing Faith: Religion in the Black Power Movement”
- Dec. 12      **Alumnae Talk: Sven von Reden**
- Jan. 16      **Naama Maor** (Tel Aviv University) “Nothing But an Intimate Knowledge of Broken Promises”: Gendered Discipline and Carcerality in Colorado’s State Industrial School for Boys”

# OPEN HOUSE PARTY!

November 28, 2023

# Talks and Guest Lectures (American Literature & Culture)

- **Oct. 27, 2023, 10 a.m. (via Zoom): Talk by JProf. Judith Rauscher**  
“Introducing the Department of English I and American Studies at the University of Cologne,”  
organized as part of the lecture “VL: Einführung in die Komparatistik I,” taught by Prof. Dr. Joachim Harst.
- **Nov. 7, 2023, 6-7:30 p.m. (via Zoom): Info Event for the Rochester Exchange Program**  
For more information on the program, see our [website](#).  
**Only relevant for native speakers of German!**
- **Dec. 11, 2023, 4.00-3.30 p.m. (Building 106/ Room S24): Guest lecture by Dr. Mahshid Mayar (U of Mannheim)** “Mind the Ga(s)p! Poetry on Empire,”  
organized as part of the HS “The Politics of American Poetry,” taught by Jun.-Prof. Dr. Judith Rauscher.
- **Jan. 2024 (via Zoom), exact date tba: Guest lecture by Prof. Jeffrey Tucker (University of Rochester)**  
Lecture Title TBA, organized as part of the “PS: Black Theater,” taught by Verena Wurth.

*To attend the events, please register via [american-studies@uni-koeln.de](mailto:american-studies@uni-koeln.de).*

*For more information on upcoming events, see our [website](#).*

# Get in touch!

Sign up for our [Mailinglist!](#)

Follow us on Instagram: [Nordamerikanische Geschichte der Universität zu Köln](#)

Visit the [NAS Website](#) of the Institute for North American History

Visit the [NAS-website](#) of the English Seminar I

And Facebook: [Englisches Seminar I der Universität zu Köln](#)

Join the [ILIAS-Group](#) of the NAS Students' Union to get in touch and exchange information with your peers



# American Matters Blog



Institute of North American History



University of Cologne

For more information check out:  
<https://namcologne.wordpress.com/>

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# GENDER FORUM

An Internet Journal for Gender Studies

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Open-access online journal

co-edited by Judith Rauscher, Susanne Gruß, Johanna Pitetti-Heil

MA Students can participate by

- submitting academic book reviews
- submitting papers for the Early Career Researchers Issue
- becoming an intern for *gender forum*

Find more information [here](#).

# Information for International Students & Students Going Abroad:

# Coming from Abroad: International Office

- Check out the website of the [International Office](#), specifically their information on [Studying in Cologne](#),
- They also offer [Services for Enrolled International Students](#), regarding
  - your residence permit and extension of the residence permit at the Foreigners Registration Office ("Studienverlaufsbescheinigung"),
  - confirmations for authorities in the home country (Embassy, Military Service, scholarships etc.)
  - working besides the studies, financing your studies
  - academic planning, individual problems
  - the [International Students Associations](#),
- Cooperation with Department of German as a Foreign Language

# Coming from Abroad: Learning German

- If you want to improve your German while you're here, check out the [Department of German as a Foreign Language](#)



- The department offers language courses to NAS students **free of charge** up to B1 level
  - When registering for the courses, state your course of study!

# Going Abroad

Students interested in studying abroad may explore the following options for funding:

- Universität zu Köln weltweit
- [Fulbright](#)
- [Erasmus](#)
- [German Academic Exchange Service \(DAAD\)](#)

Students interested in internships may explore the following options:

- German Historical Institutes in [London](#) and [Washington, DC](#)
- [New York Office of the UoC](#)
- [Goethe Institutes in the U.S.](#)

# Going Abroad to Partner Universities of the School of Arts and Humanities

- [University of Rochester](#), Rochester, NY (native-like proficiency of German required)
- [Washington University](#), St. Louis, MO
- [University of Mississippi](#), Oxford, MS

# University Partnerships

## USA

Duquesne University, Pittsburgh

University of California, Berkeley

Allegheny College, Meadville

University of Mississippi, Oxford

Washington & Jefferson College,  
Pennsylvania

University of South Alabama, Mobile

## Canada

Université de Montréal, Montréal

Simon Fraser University, Burnaby,  
Vancouver

University of British Columbia,  
Vancouver

Go to the [International Office website](#) for more information on application processes, scholarships. etc.

# D9 – International Office | Department 93

## International Mobility

- **Christiane Biehl:** Head of Department, North America coordinator ([c.biehl@verw.uni-koeln.de](mailto:c.biehl@verw.uni-koeln.de))
- **Britt Sperber-Fels:** North America consultant ([b.sperber@verw.uni-koeln.de](mailto:b.sperber@verw.uni-koeln.de))
- General inquiries: [Abteilung93@verw.uni-koeln.de](mailto:Abteilung93@verw.uni-koeln.de)
- Offices: 1<sup>st</sup> floor, Studierenden Service Center – SSC; Universitätsstr. 22a, 50923 Köln



# Not Feeling Okay? Mental Health Resources

- Student life, especially for international students, can be challenging. Moreover, an increasing number of students experience psychological stress in the ongoing pandemic.
- If you struggle with anxiety or think it might help to talk to someone, please make use of the following resources:
- Student counseling available at Cologne University:  
<https://www.kstw.de/en/beratung/psychological-counseling>
- If you would like to see a therapist on a regular basis, you can check out the webpage of the Kassenärztliche Vereinigung <https://patienten.kvno.de/service/tss> (unfortunately only in German), or make an Appointment for a “Psychotherapeutische Sprechstunde” (psychotherapeutic consultation) or an “Erstgesprächs” (initial meeting).

# Not Feeling Okay? Mental Health Resources

- You can search for a therapist on this page, for instance <https://www.therapie.de/therapeutensuche/ergebnisse/?ort=K%C3%B6ln&arbeitsschwerpunkt=6&terminzeitraum=krisen>.
- Although most therapists will say that they do not have the capacity for regular appointments, a first meeting will be a good start. The therapist might help you with giving you an idea what kind of therapy you need and might have a free spot after all.
- Here is also a list of resources compiled by the city of Cologne (in German): <https://www.stadt-koeln.de/leben-in-koeln/gesundheit/psychiatrie/hilfen-bei-psychischen-krisen?kontrast=schwarz>
- **Please note: in case of an acute crisis, you can go to the nearest hospital and seek help there!**